

TOWCESTER

LEISURE CENTRE



PROMISING ATHLETES PROGRAMME

Sam Martin

In lockdown we could only go outside once a day for exercise and there wasn't much else to do so I really got into cycling and enjoyed it.

As part of my training I need to use a variety of weight machines, and I will also be using the Watt bikes here as well but most of the time I use the turbo trainer at home.

legacyleisure.org.uk



Sam Martin

I played rugby at school and I also enjoy athletics in the summer too.

I was Scottish National Champion under 16's. I was second at the National time trial championships for under 16's and qualified for the national omnium finals. I was also a part of the GB development squad and I remain part of the Scottish squad. No hobbies I like to focus on cycling.

My role model is without question Mark Cavendish, he never gives up.

Being a member of the Promising Athletes Programme will help tremendously with the cost involved, it's an unfunded sport so everything is self funded so this really helps as there are a lot of expenses involved with travelling for the sport etc.



Working in Partnership
with your Local Authority



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